

POWERED BY THORNE RESEARCH

EXOS

PERFORMANCE NUTRITION

MULTI-VITAMIN

FOUNDATION

DIETARY SUPPLEMENT 60 Vegetarian Capsules

SUPPLEMENT FACTS

Serving Size: Two Capsules
Servings Per Container: 30

Two Capsules Contain:		% DV	Two Capsules Contain:		% DV
Vitamin A (3,000 IU as Beta Carotene and 2,000 IU as Palmitate)	5,000 IU	100%	Niacin (as Niacinamide)	80 mg	400%
Vitamin C (as Ascorbic Acid)	250 mg	417%	Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,000%
Vitamin D3 (as Cholecalciferol)	2,000 IU	500%	Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg	100%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%	Vitamin B12 (as Methylcobalamin)	600 mcg	10,000%
Vitamin K (200 mcg as Vitamin K1 (Phytonadione) and 200 mcg as Vitamin K2 (Menaquinone-4))	400 mcg	500%	Biotin	500 mcg	167%
Thiamin (as Thiamin HCl)	50 mg	3,333%	Pantothenic Acid (as Calcium Pantothenate)	45 mg	450%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	706%	Calcium (as TRAACS® Calcium Bisglycinate Chelate)††	30 mg	30%

Peel back for additional supplement facts



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PEEL HERE

SUPPLEMENT FACTS CONT.

Serving Size: Two Capsules
Servings Per Container: 30

Two Capsules Contain:		% DV	Two Capsules Contain:		% DV
Iodine (as Potassium Iodide)	75 mcg	50%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	400 mcg	333%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	20 mg	5%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	100 mcg	133%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	15 mg	100%	d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	*
Selenium (as L-Selenomethionine)	200 mcg	286%	Boron (as Bororganic™ Boron Glycinate Complex)†††	2 mg	*
Copper (as TRAACS® Copper Bisglycinate Chelate)††	750 mcg	38%	Lutein (from Aztac Marigold extract (flower) <i>(Tagetes erecta)</i>)	300 mcg	*
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	3 mg	150%			

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide.

FOUNDATION

BOOST
RESTORE

EXOSfuel.com

PRECISION NUTRITION
APPROVED

SUGGESTED USE:
Take 2 capsules daily or as recommended by your health-care or performance professional.

Tamper Evident: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.

Gamma tocopherol does not have a recognized IU equivalent.
†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A. ††This product uses Albion's TRAACS® Calcium Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Magnesium Bisglycinate Chelate, Molybdenum Glycinate Chelate, and Zinc Bisglycinate Chelate. TRAACS is a registered trademark of Albion International, Inc. †††This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc.